

# Solstice 10k/5k

& 1 mile fun run

On the Cumberland Valley Rail-Trail

Friday, June 21, 2019, 7 PM



## 5k / 10k Race

Time: 7:00 PM   

- Race starts **Monday evening at 7 PM**
- 5k and 10k have common start and finish
- Out and back on the Cumberland Valley Rail-Trail starting and ending at the Shippensburg Township Park
- Chip timed
- Custom made pottery awards

### Awards



Top 3 overall male & female

Top 2 masters male & female

Top 2 age groups male & female

(12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over)

## 1 Mile Kids Fun Run

Time: 6:30 PM  

- **Free\*** for kids 1 to 100.
- Out and back on the Cumberland Valley Rail-Trail
- All finishers 12 & under receive a Ribbon

\*Does not include t-shirt. T-shirt available for \$5

Celebrate the Solstice and run the first race of summer. Race will start at 7PM on the longest day of the year. Actual Solstice is Friday, June 21 at 11:54 AM

**Early registration prices available online until 2pm, June 21**

**Register online and view results at [www.CVRaceSeries.us](http://www.CVRaceSeries.us)**

**Registration must be received by June 9 to guarantee a t-shirt • Tech shirt upgrade available**

**Early mail registration ends June 9. Early registration prices available online until June 21**

Registration will be at the Shippensburg Township Park starting at 5 PM. • **Rain or Shine**

All proceeds benefit the Cumberland Valley Rail-to-Trails Council (CVRTC) a 501(c)(3) non-profit corporation

For more information or to volunteer contact: **Garret Stahlman • 717.300.1337 • [race@cvrtc.org](mailto:race@cvrtc.org)**

**Directions to the Shippensburg Township Park:** 304 Britton Rd., Shippensburg, PA, 17257 - From the north use I-81 exit 29, turn right onto Walnut Bottom Rd; left onto King Street (US 11). From the south use I-81 exit 24, turn left onto Olde Scotland Rd; left onto Fayette Street; right onto King Street (US 11). Turn onto North Queen Street at Sheetz then turn right onto Britton Road; approximately 1/2 mile to the park.



